



## You Are Not Alone

WE ARE ALL IN THIS TOGETHER

There's a lot of uncertainty in the world right now, but one thing remains clear: people need access to mental health care and support. NAMI is here to ensure that no one is alone on their mental health journey.

[Donate Now >](#)



Information  
on COVID-  
19

Individuals  
with Mental  
Illness

Family  
Members &  
Caregivers

Teens &  
Young  
Adults

# Information on COVID-19

"We recognize that people living with mental illness face additional challenges dealing with COVID-19, as do their caregivers and loved ones."

[LEARN MORE](#)



**NAMI, the National Alliance on Mental Illness**, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Find Your  
Local NAMI

BY STATE



GO

[GIVE TODAY](#)

Call the NAMI Helpline at 800-950-6264 M-F, 10 am – 6 pm, ET

Or in a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling

## Helping Those In Need

NAMI started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of more than 500 local affiliates who work in your community to raise awareness and provide support and education that was not previously available to those in need.

[LEARN MORE](#)

[BECOME A MEMBER](#)

2018

NAMIWalks raised

**\$11.9M**

across the country

## From Next Door To Across The Nation

### Find Support

If you or someone you know is struggling, you are not alone. There are many support services and treatment options that may help.

[Read More](#) >

### Get Involved

Call the NAMI Helpline at **800-950-6264** M-F, 10 am – 6 pm, ET

Or in a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling

Get involved and make a difference in the lives of Americans living with mental health

## View The Latest

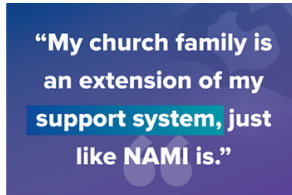
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How Students Changed the Law to Allow Mental Health Days

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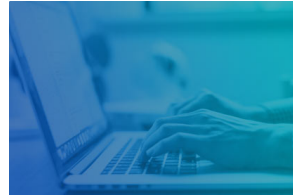
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Faith and Therapy

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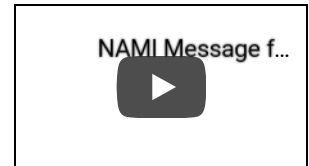
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An Open Letter in Response to the President's Executive Order on Safe Policing for Safe Communities

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Message from the CEO on COVID-19

[Watch Video >](#)

## NAMI In The Community

### Important Mental Health Issues

ONGOING | ARLINGTON AND NATIONWIDE

Advocacy makes a difference in the lives of people with mental health conditions and their loved ones.

[Learn More >](#)

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